CLAIMS

1. Damping means for acoustic vibrations in rails, especially a body of plastic and ferrous materials, characterized by a recess-filling body produced by extrusion or injection-molding consisting of a thermoplastic material with metal components finely distributed therein, where the specific gravity of the finished body is > 2.4 g/cm^3.

2. Damping means according to Claim 1, characterized in that the density is 2.5-3.9 g/cm^3, and preferably 2.9-3.5 g/cm^3.

3. Damping means according to Claim 1 or Claim 2, characterized by a body (5) with a thermoplastic consisting of polyethylene or polypropylene.

4. Damping means according to one of the preceding claims, characterized in that the metal components comprise hematite and magnetite, which account for 35-70% of the volume of the body.

5. Damping means according to one of the preceding claims, characterized in that the metal components consist of rolling scale.

6. Rail (1, 1') with damping means (5) in the form of a recess-filling body according to one of the preceding claims, where the recess-filling body is connected in a manner known in and of itself to the web (3) and/or to the base (4) of the rail by means of a permanently free-flowing intermediate layer (6) and/or a metal clamp (7).